

Abstract of the Disclosure

The invention provides a method and system for bringing an exercising human subject to the state of optimal psycho-physical functioning, in effect the "runner's high", by facilitating the state of heart rate variability coherence while

5 the subject is exercising. This is achieved by synchronization of the varying breathing cycle with the varying heart rate variability cycle. This is accomplished by providing a biofeedback signal to the exercising subject indicating when to begin inhalation and when to begin exhalation.

10 Additionally, the human subject is provided with a programmable tempo that is in keeping with the heart rate variability cycle to which their physical motion may be synchronized. An instructive method in the optimal application of the present invention is also provided.